

# Research Update – Head & Brain Injuries

Board of Regents  
November 16, 2017

## ***What is being done to help prevent and mitigate head and brain injuries?***

- Created programs related to strengthening the student athlete neck musculature.
- Created mandatory education programs for student athletes, coaches and administrators.
- The PAC-12 has limited number of full contact practices each team may have during the week for in-season practices.

# NCAA reforms

- Prohibits two-a-day practices during preseason camp as well as made the following recommendations for the same time-period:
  - Reduced weekly live contact practices from four to three
  - Non-contact/minimal contact practice
  - One day of no football practice recommendation
- Requires all power 5 schools to submit concussion “return to play” and “return to learn” protocols that include:
  - An annual process to educate student-athletes about signs & symptoms
  - Process that ensures those exhibiting signs or symptoms are removed from athletic activities
  - A policy that precludes a student-athlete diagnosed with a concussion from returning to athletic activity for at least the remainder of that calendar day;
  - A policy that requires medical clearance to return to athletic activity

# ***Research related to head and brain injury***

- Athletic Department:
  - Partnered with a local business looking at EEG and its use in diagnosing/evaluating concussion.
  - Awarded a grant to serve as the coordinating center for a PAC-12 concussion research study
  - Collaborated with Arizona State University in a study that looks at the student-athletes perception of concussion education thoroughness and how it benefits them.
- The Boulder campus research currently has 10 Faculty members who study traumatic brain and head related injuries.
  - 6 studying psychology and neuroscience
  - 3 studying speech, language and hearing science
  - 1 studying electrical, computer and energy engineering (ECEE)

# Source of Funding

- Athletic department receives funding from the NCAA and Pac-12
- Other campus research funding comes from National Institutes of Health and other research Universities.